FRANCISCO C. XAVIER

BRAVELY

SEVERAL SPIRITS

COURAGE

Friend,

It is true that in your relationship with God:

~ You have asked for the gift of health, and health is one of life's greatest treasures;

~ You have required for the blessing of peace, and peace is the foundation of all balance;

~ You have requested for the support of affection, and affection is a sublime refuge;

~ You have sought the light of understanding, and understanding is the foundation of security;

~ You have searched for the privilege of freedom, and freedom is the force that measures your improvement.

~ You have begged for the protection of sympathy, and sympathy is the stimulus for action;

You have strained for the support of culture of intelligence, and culture is the instrument that makes you discern.

You have craved the work aid, and labor is the engine of progress.

However, to obtain health and peace, affection and understanding, freedom, sympathy, culture, and work, you cannot do without a lever, which you do not always remember to mention in your prayers to the Divine Providence: The lever of Courage; the Courage to serve and live.

That's why, dear reader, we offer you the simple pages of this book.

They reflect our appeal – the appeal of our best endeavor – so that you never lose heart before the struggles and trials that are necessary for your self-improvement, for even when besieged in all directions by difficulty and disharmony, debt and suffering, there will always be a path of restoration and liberation, which hope opens up for us, in the face of God's mercy.

Emmanuel

Uberaba, August 1, 1971

1 – When Boredom Strikes

When discouragement threatens your path, think of others, those who don't have time for an interview with boredom.

If you affirm you are suffering too many harsh lessons in the school of life, from time to time, go to the school of great trials, where the apprentices sit at the desk of tears. Many lie in the street, exposing tired hands to those passing by in a hurry... Most of them are sick, who have been washed up on the shore of public assistance by the wave of social renewal, or distressed mothers whose young children's demands do not yet allow them the liberality of a profession...

Someone will probably say that they include opportunists and those who dress up as sick people to rob your purse in the name of pity.

We understand this claim and justify it, for evil always exists wherever we want to highlight its presence, and though we ask you for the benefit of prayer on behalf of those who act this way out of ignorance rather than malice, we urge you to consult those other classrooms that line the hospital grounds and forgotten shelters. Follow the studies of those

whose bodies are riddled with painful wounds so you can be grateful for the healthy skin that dresses your figure, or follow the primer of agonized emotions of those who are sent into mental institutions, sipping anguish and despair in their slipstreams of madness or obsession, to appreciate the tranquil brain that crowns your face...Visit the asylums that keep the scrap metal of human suffering and observe the disciplines of those exposed to the meditations of penury for whom a simple sandwich is a rare treat. Share the pain of those abandoned by their loved ones so that you bless the bread of your home and the affections that enrich your days.

When boredom seeks you out, go to the school of charity... It will awaken you to the pure joys of goodness and bring light into your heart, freeing you from the darkness that usually descends on empty hours.

Emmanuel

2 – Small Evils

Let's be careful about the importance of seemingly little evils.

It's not the downpour that devastates a blessed tree.

It's the almost imperceptible pest that lurks at its core.

It's not the wildness of the forest that makes the pioneer's advance more difficult.

It's the stone in his shoe or the callus on his foot.

It's not the fog that disorients the traveler before the paths that fork.

It's the lack of a compass.

It's not the bite of a reptile that wipes out a man's existence.

It's the tiny dose of poison it secretes.

So it is in ordinary life.

In the most common circumstances, it is not the great trials that annihilate the creature, but rather the supposedly tiny evils that they often mock, expressing themselves in hatred, anguish, fear, and anger, which sneak up on them inside their heart.

Albino Teixeira

3 - Cultivating Patience

Cultivating patience:

If you have been a victim of neglect in your job, you will recognize that it has happened, in favor of your advancement;

If you have lost your post due to the persecution of someone who coveted your position, believe that you will get a much better one;

If a companion has crossed your path, getting in the way of a deal, more lucrative transactions will appear tomorrow for your benefit;

If a certain creature took over your residence, managing undeniable processes, in the near future, you will have much more comfortable housing;

If a friend harms your interests, taking away opportunities for progress and economic adjustment, rest assured that another door will open wider to your desires for peace and prosperity;

If loved ones underestimate your trust, other, much more solid and estimable affections will emerge on the way, guaranteeing you security and happiness.

But never prey, chase, get in the way, disregard, belittle or harm anyone, because suffering is very different than making people suffer, and debt is always a painful burden for those who incur it.

Albino Teixeira

4 - Your Difficulties

Imagine how difficult it would be to put up with a school where the students only cried during teaching.

We refer to this image to expose that, since the Earth is our multi-millennial school, we must welcome its difficulties as lessons, accepting their usefulness and purpose.

Faced with obstacles, no one needs to focus on the dark side they present.

A castaway, hungry for stability, at the mercy of the waves, will not remember the mud at the bottom of the water, but he will reflect on the best way to reach dry land.

Every minute spent complaining is wasted. It ruins precious potential for solutions to the problems we are lamenting.

Every trial, whatever it may be, appears on the road to increase our strength and perfect our experience.

In short, almost every difficulty implies suffering, and every suffering, especially those we don't cause, results in renewal and help for ourselves, reminiscent

of the night darkness at the height of which the new dawn begins.

Let's know how to face life's obstacles without fearing them. Each one brings a determined message. That's one challenge you're willing to take on patience; the other urges you to sublimate your capacity to love in the crucible of trial.

Above all, let's learn to decipher the enigmas of existence in the workshop of the Eternal Good.

Serve and understand.

Serve and endure.

Serve and understand.

Serve and support.

Serve and build.

Serve and benefit.

Your difficulties = your blessings.

In them, you will find the stimulus, and through them, you will find the encouragement you need not to plunge into the cliffs of pride or the traps of doldrums,

Continuing, step by step, on your journey of maturing and ascension.

Emmanuel

5 ~ Presence of Light

If you put love into the time God reserves for you, you will never feel under the domination of boredom or discouragement, for your hours will become a pleasure to serve.

If you put love into the affections the Lord allows you to cultivate, you will never suffer ingratitude or disappointment, for you will transform your spirit into a vessel of self-denial and understanding, reaping from yourself the gladness of bringing happiness to your loved ones.

If you use love in the performance of the duty assigned to you by the Divine Justice you will never experience tiredness or disillusionment once your work becomes a source of contentment in the joy of being useful.

If you apply love to the verbal resources the Eternal Wisdom blesses you with you will never be complicated in unhappy manifestations since your word will be transubstantiated into light and blessing in what you utter.

If you spread love where the Laws of Life place you, you will never be an imbalance victim, as your

influence will be serenity and hope, guaranteeing harmony and tranquility wherever you are.

If you keep love in your heart – a divine work of the Universe – you will never lose yourself in the shadows, as you will have converted your soul into a presence of light.

Emmanuel

6 ~ Never Without Hope

Never lose hope.

If sorrow drenches your existence, turn to God in the exercise of goodness and you will find God in the depths of your soul, offering you consolation.

If you suffer from incomprehension, help those who don't understand you, and you will find God in the depths of your own spirit, strengthening you with the balm of pity for those who are unbalanced in the shadows.

If they look down on you or revile you, keep silent in helping your neighbor and you will find God in the core of your innermost thoughts, honoring your intentions.

If they strike or reproach you, keep quiet, building up the happiness of those around you, and God will speak for you in the inarticulate voice of time.

And if you've made a mistake, don't fall into despair, but by working and serving you'll receive from God the opportunity for rectification and peace.

Whatever afflictions and problems may beset you, trust in God, loving and edifying, forgiving and

supporting constantly, because God, above all calamities and tears, will see you through, blessing your life and sustaining your heart.

Meimei

7 – Spiritist Question

You sometimes claim that it's impossible to collaborate on Spiritist tasks, excusing yourself before the difficulties and problems you still endure.

However, let's face it:

If you have no imperfections to overcome, among so many millions of human creatures still imperfect;

If you haven't known and don't know intimately any conflict;

If you have no problems to solve;

If you don't experience temptations;

If you don't experience bitterness and disillusionment here and then;

If you don't reap disappointments;

If you are not undergoing severe trials;

If you don't bear the sign of this or that weakness, of which you find yourself in the process of healing in the present life;

If you don't see in yourself possible unhappy tendencies – those that mark the past lives debts – struggling, and sometimes even crying to improve

yourself... What will become of you in the construction of Good?

We are referring to this, because Spiritist are called to shine a light on their behalf and on behalf of others in the field of education.

And if you suffer nothing to learn, how can you enlighten and understand, help or teach?

Albino Teixeira

8 – Decalogue of Good Cheer

1 – Difficulties? Don't waste time moaning. Get to work.

2 – Criticism? Never get bored with them. Use them to your advantage.

3 – Misunderstandings? Don't try to make them bigger by making demands and complaints. Ease the way.

4 – Intrigues? Don't cast a shadow over them. Shine some light on them with the oil of Charity.

5 – Persecution? Never fight back. Forgive by forgetting.

6 – Slander? Never get angry at the attacks of

evil. Serve always.

7 – Sadness? Stay away from any disposition to discouragement. Pray, embracing your duties.

8 – Disappointments? Why blame others for our mistakes. Walk forward, giving the world and life the best you can.

9 – Illness? Avoid irritation and nonconformity. Think of the benefits that the passing body suffering brings to the eternal soul.

10 – Failures? Don't believe in defeat. Remember that by the gift of God's blessing, you are now in your best time – the time of today, in which you can smile and start again, renew, and serve amid immense resources.

André Luiz

9 – When It comes to Charity

You will not shy away from the service of making amends, nor will you refuse the embarrassing obligation to restore reality, but anoint your heart with gentleness to correct by blessing and guiding by building!...

Your neighbor's difficulty is a summons to charity, but it is also essential to season it with love, just as it is necessary to have it in the bread one gives, so it doesn't bitter the mouth that receives it.

It is equally indispensable to use of mercy in the teachings, so the enlightening word does not disturb the ear that receives it.

When it comes to charity, don't just think about what your brothers and sisters in need should do!

Consider, in the same way, what they haven't been able to do yet!

Compare your opportunities with theirs. How many went through childhood without meals at the right time, and how many have grown up carrying hidden illnesses? How many sighed in vain for the richness of the alphabet from an early age, enslaved to sacrificial tasks, and others that grew up in the dens

of crime! How many people wanted to be good and were dragged into delinquency at the right moment when the longing for righteousness arose in their conscience?

And the countless number of souls who were caught up in obsessive processes, which led them down fatal slopes!

Add up your facilities, review the blessings you enjoy, list the advantages and treasures of affection that crown your days, and help your neighbor on the path, seeking to raise them to your level of understanding and comfort.

When it comes to charity, silence human contradictions and help always, though clarifying reason with the light of fraternal love, even when the truth demands heavy burdens, similar to the painful tasks of surgery.

Emmanuel

10 – Our Home

The mind is the house where each of us resides, according to our own conceptions.

The imagination is the architect of our true home.

If we think gold is the recommendable and correct material for our building, we will soon suffer the destructive or chilling winds of ambition, envy, remorse, and boredom; which usually envelop fortune in its castle of unforeseen.

If we think that human power should be the shelter of our spirit, we are the disillusionment that usually crowns the foreheads of creatures deceived by the follies of authority.

If we find joy in criticism or perversity, we naturally find ourselves in the dark prison of malice or crime.

We live, in spirit, where we project our thoughts.

We breathe in good or evil, according to our preferences in life.

On Earth, we often have our physical masks framed in honors and splendors while keeping ourselves intimately in deplorable cubicles of ailment and darkness.

Only unceasing work for good can offer us the miraculous chemistry of love for the sublimation of our inner home.

That's why Jesus said: ***"My Father works until today, and I work too."***

Let's envision more light for our path.

Let's embrace tireless service to our fellow human beings, and our experience will culminate happily and victoriously in the splendors of Heaven.

Emmanuel

11 – Reciprocal Trust

Many companions on Earth declare themselves unworthy of working in the Harvest of Good, claiming that they do not deserve the Lord's trust when logic patents something else.

If the Lord did not observe your emotional devotion, He would not hand you over to the formation of the family, in whose intimacy, different creatures await your affection and cooperation;

If He didn't appreciate your spirit of responsibility, He wouldn't allow you to develop intelligence tasks through which you influence a large number of people;

If He didn't believe in your nobility of feelings, He wouldn't induce you to sublimate principles and attitudes in carrying out good works, with which you learn to extend the Kingdom of Love in the world;

And if He didn't recognize your sense of choice, He would not lead you to examine theories of good and evil, so you freely embrace your own path;

If He didn't accept your discernment, He wouldn't enable you to obtain this or that title of competence

with which you can alleviate, improve, instruct, or elevate others' lives.

If the Lord didn't trust you, He wouldn't lend you the child you raise, the affection you bless, the soil you cultivate, the coin you give.

"Not a leaf falls from a tree unless the Father wants it to," Jesus taught us.

Every possibility the creature has in building the good is a concession from the Creator. The credit comes from the Supreme Father; the application with the consequent responsibilities concerns us.

Whenever you refer to the problems of faith, don't just focus on your faith in God.

Remember that God also trusts you.

Emmanuel

12 – Criticismus and Us

Once faced with the task ahead of you in the pursuit of the common good, it is only fair to respect what others say in the field of criticism; yet, it is imperative not to paralyze the service, or harm it, because of what others may say.

Keep a clear conscience and move on.

Only works that never go out of style escape criticism, like music that doesn't attract anyone's attention, when it is not removed from the score.

Living one's duty is carrying it out, and carrying it out means suffering it in oneself.

Censors and opponents, spectators and supporters can effectively help and do always help, indicating vulnerable points and unforeseen aspects of the construction under our responsibility, via the opinions they express. Though, we must not forget that they are linked to commitments of another kind.

The duty that belongs to us breathes with us and lifts us on the path of joy, affliction, support, and life.

It is up to us to lead, execute, perfect, and revive it.

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Many people want us to be this or that way; to take on different guidelines from those we persist in, or to see the road through the eyes that serve them. Nevertheless, it is imperative to consider that each of us is a world of its own, with particular movements and different orbits.

Let us remain faithful to our work and worship the peace of our conscience by accomplishing the duties that circumstances have given us, and offering the best of ourselves in favor of others.

Let us be calm, for we and others are what we are, with the obligation to improve ourselves so that each of us may serve more and more in the construction of the happiness of all, with what we are and with what we have.

Emmanuel

13 – Just Like That

Just like that, in fact:

You can't hide the recalcitrant or irreversible illness that promotes your spiritual improvement;

You can't get rid of your inescapable physical defect;

You don't have the resources to ignore the difficult relative;

You cannot free yourself from the inner conflicts you have been reborn with, to serve a specific purpose.

You will not settle, once and for all, all the debts you have taken on in the eyes of others;

You will not be free from the influence of gratuitous adversaries;

You won't be free of the ironies and misunderstandings that may come their way;

You won't live without educational problems ...

But you can accept all this and, from the constructive acceptance of all the setbacks that may befall you in life, you can set out to work, improving yourself to do as much good as you can for the good of all, as collaborating for the benefit of all is the path to true happiness.

Albino Teixeira

14 – Right Now

At this very moment, you are in the most appropriate situation for the exercise of understanding and support:

1-In the most favorable circumstance for doing good;

2-With your heart connected to the right creatures with whom you need to work and harmonize;

3-With the task that best suits your needs;

4-With the right responsibilities to fulfill;

5-At the most important point to bear witness to your dedication to fraternity;

6-Recognizing that our happiness is measured by the happiness we make for others.

7-Observing that it is often better to lose to conquer than to conquer to lose.

8-To adjust oneself to patience and hope, to consolidate one's success at the right time.

9- Not to be discouraged by the troubles to deserve the benefit;

10-To smile and bless to receive sympathy and aid.

That is why you are now at the right moment to work to serve. And by working and serving, you will convince yourself that everyone who works and serves moves forward, and he who moves forward for the good of all will always find the best.

André Luiz

15 – To Renew Ourselves

Don't expect to live without problems, for problems are ingredients of evolution, necessary on everyone's path.

When faced with your own mistakes, don't descend into excuses, but rather face up to their consequences to rectify them, like someone who uses stones to build a more solid construction.

Don't waste time and serenity given probable disappointments on your path, for those who think they are letting you down, are letting themselves down.

Always think before you act, so your actions are conscious.

Don't demand perfection in others, nor yourself, but try to improve your innermost being as much as possible.

Simplify your habits.

Try humility and silence whenever violence or irritation appears in your area.

Speak of your obstacles only to friendly hearts capable of helping you with discretion and kindness.

In the face of your conflicts, don't try to drink or dope yourself to escape from your mind, as every unwarranted absence will bring you back to the damage or needs you have created in your inner world to remedy them.

Remember that you are an eternal spirit, and if you have peace of mind, you will always be inaccessible to any injury or disturbance.

André Luiz

16 – If You Believe in GOD

If you believe in God, no matter how threatened by pessimism announcements about probable future calamities, you will keep your heart calm; sure that Divine Wisdom sustains and will sustain life balance, above all disturbances.

If you believe in God, you will never experience loneliness or sadness, for you will be in constant connection with the whole Universe, recognizing that bonds of love and hope identify you with all creatures.

If you believe in God, you will never get lost in the labyrinth of revolt or despair before the blows and insults thrown on your way, as you will interpret offenders and delinquents as unfortunate people; much more in need of kindness and protection than evil and reproach.

If you believe in God, you will journey on Earth without adversaries, for no matter how many people

multiply on the path attacking or belittling you, you will accept enemies and opponents as our brothers and sisters with different points of view.

If you believe in God, you will never lack confidence and work, since you will rise each day, convinced that you have the blessed opportunity to communicate with others, enjoying the unceasing privilege of helping and blessing, understanding and serving.

Never judge your neighbor. You don't know the pains he carries with himself inside.

The mouth speaks of what the heart is full of.

If you believe in God, you will walk the trails of the world without distress or fear, no matter how great the dangers and risks obscure your path. Even in the face of death, you will know that you remain with God, as much as God is always with you, beyond trials and shadows, limitations and changes, in the fullness of eternal life.

Emmanuel

17 – Adversaries and Us

Many people are anxious about the right way to apply Jesus' teaching on loving our enemies.

That companion has wounded us, inflicting on us serious damages; another has our spirit in an open wound from the blows of ingratitude. How can we express love to them, according to the principles of the Gospel?

Yet, it is imperative to note that Jesus asks us to love our adversaries, but He does not recommend that we accept or love what they do.

A determined person has acted against us, and we will not applaud their gears.

Nonetheless, it will be possible for us to welcome them in an atmosphere of fraternity, understanding their position as a creature who has acquired a heavy burden of inner struggles, to the detriment of themselves.

We can also love those who make mistakes against us, comprehending that their faults may be ours tomorrow, mindful as we must be of the fallible condition of humanity.

By simile, let us imagine the sick and the infirmity. Will we stop loving our sick because they are sick, and when we talk about loving the sick, are we teaching love for sickness?

Loving our adversaries means respecting their points of view and blessing them whenever they take different paths from ours. And every time they consciously fall into the darkness of the Spirit, let us remember Christ Himself and entrust them to God, begging for peace and mercy, because they truly do not know what they do.

Emmanuel

18 – Mercy Always

It is said that Jesus, after having told the parable of the Good Samaritan, the apostles began to examine the conduct of the characters in the narrative. And because they drew fulminant reproaches around some of them, Christ continued teaching beyond public contact:

The Master said: – "*In truth, referring to our neighbor, before the doctor of the Law, in front of the people, the lesson of mercy has deep roots.*

Whoever passed by radiating love on the road where the generous traveler witnessed solidarity would find ample reason to understand and help.

In addition to the man injured and thrown into the dust, clearly in need of aid, they would pity the priest and the Levite, immersed in the obsession of selfishness and lacking compassion;

He would sympathize with the hotelier, sending him thoughts of kindness that would sustain him in his profession's exercise;

He would sympathize with the evildoers, praying for them so they could rectify themselves in the face of the life laws, and, as far as possible, he would support

the victim of the thieves, also extending his helpful and friendly hands to the Samaritan of charity, and his energies would not wane in the tasks of good."

And looking at his surprised companions, the Master concluded:

"For God, we are all blessed and eternal children, but as long as mercy does not establish in the realms of our hearts, we will not have truly reached the way of peace and the Kingdom of Love."

Emmanuel

19 – Work Always

Work will always be the wonder of life, creating comfort and progress, joy and renewal.

If difficulty visits you, choose in work the support you need, and you will be surprised that you will soon find your release.

When the fog of sadness envelops you in melancholy, search in it for the climate that welcomes you, and you will observe yourself under a new light of encouragement and hope.

When sorrow seeks you out in the face of offenses you didn't count on at all, use it as a healthy remedy, and you will soon obtain the blessing of understanding and the tranquillity of forgetfulness.

Before the neglect that hurts you, take refuge in it, and you will soon regain the place to which merit assigns you.

Given insults that embitter your heart, insist on it, and, with the blessing of hours, you will forget mockery and persecution, setting you on the right path to true happiness.

In the face of the pain of your mistakes, persevere in

the daily straining, and shortly, you will gain serenity and restoration.

In the clear moments of the trail, work, and you will hoard more light on the way.

In the dark moments, work, and you will dissolve any shadows, unveiling the road that the Lord has given you to follow.

Everything man has of helpful, beautiful, great, and sublime is due to the work with which his presence in the world is enhanced.

Therefore, whatever happens to you; if obstacles increase, problems grow, struggles intensify, or trials worsen, always work for the good of everyone, since by working in the Seara of Good, you can maintain the certainty that God will sustain you.

Emmanuel

20 – Never Lose Heart

You refer to the Higher Worlds of Cosmic Space as if the Earth were not also in the Heavens. And you think of the Angelic Spirits as unattainable ministers of the Eternal God, messengers of prodigious forces you will never reach.

However, you keep with yourself the very same condition of immortality, touched by sublime gifts you can develop to infinity.

For this reason, you should know that no matter how painful your needs and tears, you carry along the highest power in life.

Don't think that only the wise, just, saints and heroes share it.

No matter how low your situation may seem, it is with you as a mark of your celestial origin.

Even if you're going through rough and rugged paths of ashes and tears, to emerge from clamorous falls with the signs of dust and gall, no one can rob you of this inheritance from the Creator, from whose breath you were born.

Think about it and never lose heart.

Even though the imperatives of human experience have thrown you from luminous eminences of service to the darkest steps of a new beginning, immerse your heart in the sources of hope, and rejoice, for God has endowed you with the Divine privilege of working and helping.

Meimei

21 – The Two Sorrows

There is constructive sadness – the kind that drives us towards the Higher Life – leading us to the work of intimate improvement before the thirst for spiritual ascension.

There is, however, the other – destructive sadness – which wears mourning inside our hearts every day, spreading discouragement and pessimism wherever it goes.

Observe yourself to immunize yourself against such disease of the soul.

Every time we comment on our problems, exaggerating their size or dramatizing the difficulties that come our way; whenever we take up other people's time to remember past sufferings that God has already ordered to be erased for our own benefit with time's sponge; in all situations we exalt our prejudices, disregarding the position and experience of our fellows; and in most cases we start to regret dissent and disagreements, contentions and hurt feelings, we are distancing our best friends from ourselves, through the bitterness and resentment that we distill with our words.

Naturally, cautious, our companions prefer distance to sharing our dislikes and frustrations, antagonisms and grievances, although always generous and loyal, they are willing to support us in restoring our inner harmony.

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Let's understand that no one appreciates staying in a thorn bush, nor does anyone choose vinegar to toast the bonds of love, and let us know how to provide kindness and peace, enthusiasm and optimism to those who approach us, for there is no one who does not need someone to carry out the duties that life dictates.

To this end, those of us who know how to pray to God for protection and blessing should learn to ask Divine Providence to grant us the courage we need to silence disappointments and tears in order to give peace and joy, security and consolation to others, just as much as we expect these benefits from others to support us.

Emmanuel

22 – As Much as You Can

As far as you can, don't stay away from home, even when it seems to you a disquieting furnace of fire and affliction.

As much as you can, put up with an incomprehensible and demanding wife, even when she appears to you as an obstacle to happiness.

As far as you can, tolerate the harsh or indifferent companion, even when he or she appears at your side as an adversary to your best hopes.

As far as you can, don't abandon a child who is impervious to your good examples and your sound advice, even when they seem a model of ingratitude.

As much as you can, support the brother or sister who has become blind and deaf to your highest testimonies of good, even when they stand out as an unsurpassable representative of selfishness and vanity.

As far as you can, put up with the bullying boss, the frivolous colleague, the unpleasant relative, or the least sympathetic friend, even when they mock your best aspirations.

Extinguish the fire of impulsiveness that drives us to unthinking acts or unreasonable complaints and let's move forward with tolerance, because if today we haven't succeeded the task the Lord has entrusted to us, we will return to it tomorrow with still more difficulties for the necessary recapitulation.

Emmanuel

23 – In Home Intimacy

The story of the Good Samaritan, studied over and over, always offers new conclusions.

The compassionate traveler meets the anonymous wounded man on the road.

He doesn't hesitate to help him.

He reaches out his hands.

He tends his wounds.

He takes him in his arms without any idea of prejudice.

He takes him to the nearest hostel and guarantees him lodging.

He forgets about convenience and stays with him as long as necessary.

He refrains from asking questions.

He goes towards his duty, assisting with the resources of his purse, without prescribing obligations.

Jesus gave us the parable, teaching us how to exercise genuine charity; yet, until now, almost two millennia later, we apply it, as a rule, to people who don't share our particular lives.

Nevertheless, we frequently have those who have fallen inside the home stronghold.

They don't descend from Jerusalem to Jericho, but they fall from faith to disillusionment and from joy to sorrow, robbed of their best hopes in harsh experiences.

How often do we see victims of obsession and error, sadness, and trial at our homes?

We therefore believe that the parable of the Good Samaritan will also produce admirable effects whenever we decide to use it in our intimate lives, understanding and assisting our neighbors and companions, relatives and friends, without demanding or asking anything.

Emmanuel

24 – Prayer and Attention

You prayed, you asked. Nevertheless, let go of any worries and calm down to receive the answers from the Divine Providence. You don't need to wait for spectacular demonstrations to be sure of the indications from the Lord.

*

Like the sun, which doesn't need to go down to the field to attend to the grass stalk that begs it for warmth, God has millions of messengers who carry out His Supreme Designs.

Pray and ask. Then, pay attention. Something will come to you from someone or through something, giving you, in essence, the information or warnings you have requested.

*

In many circumstances, a warning or advice, a guiding phrase or a word of blessing will reach your soul, in the words of a friend, on the page of a book, in a simple note in the press, a simple press release, or even on a poster that crosses your path. More than this: The Lord's answers to your needs and petitions often come to you through the very feelings that rise

from your heart to your brain or using your reasoning, which descends from your brain to your heart.

*

Let us remember the Divine Master and be convinced that God constantly attends to us. It is essential, however, to remain silent in the world of ourselves, forgetting demands and desires, not only to hear God's answers, but also to accept them, recognizing that the answers from Above are always in our favor, although, sometimes, at the moment, they might seem against us.

Emmanuel

25 – Bless It Too

Before the voices and arms that support you in your illness, cooperate with the healing instruments by blessing yourself.

In any organic maladjustment, don't condemn your body.

The worker must tenderly love the machine that helps him to live, by lubricating its parts and harmonizing its implements; if he doesn't want to relegate it to uselessness and dryness.

*

Bless your heart. It is the indefatigable pendulum, marking your pains and joys.

Bless your brain. It is the sensitive cabinet of thought.

Bless your eyes. They are devoted companions in carrying out the commitments that life has entrusted to you.

Bless your stomach. It is the servant that feeds you.

Bless your hands. They are antennae in the service you can perform.

Bless your feet. They are the precious supports on which you stand.

Bless your genetic faculties. They are the forces of living through which you have gained the warmth of home and your mother's affection.

*

Behold, God blesses you at every moment, in the air you breathe, the bread that nourishes you, the medicine that restores you, the word that encourages you, the support that relieves you, or the prayer that comforts...

With sick or tired cells, do not use the fire of tension nor the corrosive fire of despair.

Bless it too.

Emmanuel

26 – Bless and Help

Life offers us an infallible recipe for peace.

If misunderstanding afflicts us, bless and help.

If discord threatens, bless and help.

If difficulties arise, bless and help.

If criticism overwhelms us, bless and help.

If evil knocks on our door, bless and help.

If irritation seeks us out, bless and help.

If a problem gets worse, bless and help.

If discouragement tries to overwhelm us, bless and help.

If insults visit us, bless and help.

If trials become more demanding, bless and help.

If someone's affection abandons us, bless and help.

Even on days when tears are the only presence in our hearts for the work to be done, always bless and help, for by blessing and helping we will have God's help and blessing everywhere.

Bezerra de Menezes

27 ~ Help Yourself Today

Yes, in the reincarnation laws, most of us, the children of Earth, have a past to redeem, the present to live, and the future to build.

So, let's remember that in the concessions of Divine Providence, our best place of work is called "here" and our best time is called "now".

So, let's dwell on the importance of today's hours.

Yesterday, disturbance.

Today, rebalancing.

Yesterday, the misplaced power.

Today, uplifting subalternity.

Yesterday, ostentation.

Today, anonymity.

Yesterday, incomprehension.

Today, understanding.

Yesterday, waste.

Today, thrift.

Yesterday, idleness.

Today, diligence.

Yesterday, the shadow.

Today, light.

Yesterday, repentance.

Today, reconstruction.

Yesterday, violence.

Today, harmony.

Yesterday, hatred.

Today, love.

The wisdom of all times tells us: "*Help yourself, and Heaven will help you.*"

This a sublime statement we can paraphrase by emphasizing: *"Help yourself today, and Heaven will always help you".*

André Luiz

28 ~ Help Yourself Today

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André Luiz

29– The Death Ray

Everywhere a creature does not keep watch, it appears as if hurled from the abysses of the shadow.

It is the ray of death, which implacably exterminates all the seeds of good.

In motherhood – it's the imponderable force that causes the disaster of abortion or the poor newborn angels sucking it by subtle poison in the flower of the mother's womb.

In parenthood – it is the frustration of the most precious hopes addressed by Heaven to aid the family.

At home – it's a magnetic thorn, feeding suffering in those we love most.

In the temple – it is the assault of darkness on the promises of light.

In charity – it is the blow of violence putting the vinegar of disenchantment and the gall of anger on the plate of ingratitude.

At school – it's an offense against the dignity of teaching.

Between friends ~ it's the scorch of embers crushing the blessings of trust.

Among adversaries ~ it is an instinct that arms the unwary arms for the misfortune of crime.

In young people ~ it's the certificate of incapacity to serve.

In adults ~ it's the invisible dagger, cutting the throat of sublime desires for understanding and progress.

Wherever it goes, it always leaves a trail of mud, blood, tears, and despair, demanding the highest serenity of time and the most extended forgiveness to restore life's balance.

This deadly ray is the wrath wherever it appears.

There is only one efficient remedy to conjure up its danger: receiving its destructive impact in the environment of silence on the heart's antenna.

Emmanuel

30 – Jesus and the World

If Jesus had not had confidence in the regeneration of men and the improvement of the world, naturally, He would not have come to meet the creatures and journeyed on the dark paths of the Earth.

We cannot, therefore, lose hope, nor should we lose heart before the little and blessed struggles that Heaven has given us amidst the darkness of human experiences.

From the school of the world, sublime Spirits graduated in sanctification and today constitute blessed patrons of earthly evolution.

It is not our place to underestimate the plane of learning that feeds, shelters, instructs, and perfects us.

If the best does not assist the worst, vainly will we hope for a life improvement.

If the good forsakes the bad, fraternity would be nothing but an illusion.

If the wise don't help the ignorant then education would be a dangerous lie.

If the humble ran away from the proud, love would be a useless word.

If the apprentice of kindness undermines the prisoner of impulsiveness, the unbalance would command existence.

If virtue does not help the victims of vice, and goodness doesn't wish to save those who plunge into the evil's cliffs, the evangelical preaching would be of no use at all, in the field of work with which Divine Providence has entrusted us.

The Master was not of the world, but He came to us for the redemption of the Earth. He knew that his disciples did not belong to the moral heritage of the planet, but He sent them to live with men so that they could become devoted servants of good, converting the world into his kingdom of Light.

The Christian who shuns contact with the Orb on the pretext of guaranteeing himself against sin is a parasitic and unproductive flower on the tree of the Gospel.

Far from asking for ornaments for his labor, the Lord expects self-sacrificing and faithful workers, willing to remove the soil with patience, goodwill, and courage, so this Orb may be prepared for the renewing sowing of the great tomorrow.

Emmanuel

31– You and Us

Eternal spirits, today we are at the exact point of evolution for which we have prepared ourselves.

We're with the most adequate resources to solve our problems and duties, according to the commitments we have embraced, whether in the field of necessary progress or the rectifying ordeals sphere.

We find ourselves with the best family members and companions that the law of merit assigns us.

Given this, let us remain convinced that the basis of our tranquillity lies in the integrity of our conscience. Let us comprehend that all the affection-problem persons on our path now constitute debts from past lives, and all the facilities that already enrich our way are instruments the Lord is lending us to build more happiness in the future.

Let us understand that life gives us back what we give it.

In possession of such instructions, let us value time so that time values us, and we ought to remain in balance without affecting what we are not, in terms of elevation while recognizing the need to improve ourselves continuously.

If we make mistakes, let us be determined to make amends, acting sincerely and working faithfully to do so.

May we all be convinced before Divine Providence that we have infinite possibilities for readjustment, improvement, action, or ascension, and that it solely depends on us, whether we improve or worsen, lighten or darken our situations and paths.

André Luiz

32 – Im the Realms of Speech

Not only speaking but above all, checking what we do with our words.

We automatically transfer states of mind to those who listen to us, every time we shape our emotions and thoughts with verbal resources.

You have uttered beautiful words, selecting phrases at whim.

However, if you haven't filled them with kindness and understanding, you may reap only indifference or distance from the companions who share your experience.

Even if your expressions were the most correct and noble, grammatically speaking, if you put any vibrations of pessimism or bitterness, irony or insincerity, they will have been like golden vessels pouring vinegar or poison, wounding or embittering hearts around you.

That is because, instinctively, our words are charged with our spirit, or rather, we breathe our feelings into everyone who pays attention to us.

Given this, let's analyze everything we say.

Conversation is a gift from ourselves. Opinions that we externalize are brushstrokes for the configuration of our moral portrait. More than that, the verb is a creator. Every sentence is a living seed.

We plant good or evil, health or illness, optimism or discouragement, life or death in those who listen to us, according to edifying or destructive ideas we impose on them through the mechanisms of influence, even indirectly.

You will balm the wounds of those who have fallen on the world's paths. Nevertheless, what will become of our brothers and sisters horizontalized in anguish, if we don't instill in their hearts the faith necessary for them to rise as children of God, so worthy and needy of The Father's blessing as we are?

Let's study our word, understanding its importance in life. Dialogue is the agent that exposes our inner world. The word is the mirror that reflects our real personality for the judgment of others.

Speak, and you will appear.

Emmanuel

33 – Life and Death

Life is light, giving, joy, and movement.

Death is a shadow, selfishness, discouragement, and inertia.

Analyze the living forces surrounding you, and you will observe nature breaking into songs of work and love, ensuring your well-being.

It is the tree growing in intensive production, the spring in constant activity to guarantee your existence. The atmosphere endlessly renews the elements with which it preserves your health and balance.

Though, not far from you, you can also see death in the stagnant well, in which the waters are corrupted, in the useless hope that rust devours, the wasted fruit that corruption disintegrates.

It's up to you to wake up and live, valuing the time the Lord gives you, extending the gift of helping and learning, loving and serving.

Many people are born and reborn in the physical body, moving from childhood to old age and from the grave to the cradle, like souls numbed by selfishness

and rebellion, idleness, or delinquency to which they unthinkingly subscribe.

They absorb the Earth's resources without giving back; they receive without giving, demand without any impulse to cooperate on behalf of others and vampirize the forces they find, like all-consuming sewers, without any benefit to the world that shelters them.

Such companions are the dead, worthy of help and pity, once, far from the light they should be igniting in themselves, they prefer to plunge into uselessness, settling for darkness.

Remember the talents with which God ennobles your feelings and reasoning, your brain and heart, and, pouring out the Brilliance of Good through your words and hands, awaken and live, so that, from the fragmentary experiences of human learning, one day you will be able to take a firm flight towards the Imperishable Life.

Emmanuel

34 – Even When

Yes, my friends, let us remember the words of Paul, the apostle of spiritual liberation.

Even when we master all the communication languages between men and angels, on Earth and in Heaven, and we have no charity...

Even when we possess the keys to universal knowledge to unlock all the doors of the great revelations, and we don't have charity...

If we conquered the highest distances, reaching other planets and humanities in the Cosmic Empire, and we have no charity...

Even when we hold all the powers of science in our hands, with the possibility of commanding both the movements of the Macroscale and the force of atoms, and we have no charity...

Even when we can master prophecy and see into the future all the steps of the nations to come, and we don't have charity...

Then the victories of intelligence will be of no use to us, since, without love, we will remain trapped in our

own inferiority, unable to ascend to true happiness with the blessings of the Light.

Batuíra

35 – In the Realm of Trials

Let's imagine a father who, on the pretext of love, decided to rob a beloved child of all relationships with the world.

The offspring of such affectionate devotion would be kept in a system of exception.

To avoid inevitable climatic accidents, he would rest exclusively in the greenhouse during his cradle phase and, knighted, facing dangers and vicissitudes, as soon as his childhood was over, he would enclose himself in an impregnable citadel, where only the paternal tenderness prevailed, exciting him with pampering.

He wouldn't attend any school so as not to put up with stern teachers or suffer the influence of classmates who were not of the same level; he was literate, then, at home. He would only appreciate the subjects and fictional heroes that his parents chose for him.

He would isolate himself from all human contact so as not to get into trouble, and would ignore the news in the environment, so as not to pick up information that would disfigure his inner softness.

Inviolable candor and complete ignorance.

Holy innocence and absolute unfitness.

Nonetheless, the day comes when the father, naturally tied to other interests, compulsorily absents himself from home and, moved by necessity, the boy is forced to the stream of ordinary life.

A grown man, he suffers the conflict of readaptation, which tears at his flesh and soul, to make up for lost time, and the son ends up seeing insanity and cruelty where the father had supposed to cultivate preservation and affection.

The image clearly illustrates the need for incarnation and reincarnation of the spirit in the innumerable worlds of cosmic immensity to refine its qualities and establish responsibility in its conscience.

Difficulties and struggles are like teaching materials in school or scaffolding in construction.

Once the culture has been amassed, or the building raised, both disappear.

Let us, therefore, bless the disciplines and tests with which Infinite Wisdom refines our strength, reinforcing our character.

Ingenuity is a charming trait in the personality, but if work doesn't transform it into a treasure of experience, laboriously acquired, it will be nothing

more than a precious flower to be confused in the dust of the earth at the first blow of the wind.

Emmanuel

36 ~ To Free Ourselves

Laziness keeps the head unoccupied and hands idle.

An idle head and hands lead to disorder.

Disorder falls into time without discipline.

Time without discipline leads to invigilation.

Unwillingness sponsors idle chatter.

Reckless conversation interweaves the shadows of the spirit blindness.

Blindness of spirit promotes imbalance.

Imbalance attracts pride.

Pride feeds vanity.

Vanity aggravates laziness.

*

As you can easily see, laziness is capable of unleashing all kinds of evil, like the darkness capable of inducing all errors ...

*

Let's understand, then, that obsession, madness, pessimism, delinquency, or sickness can appear

through authentic foundations of idleness, intoxicating the mind and ruining life.

And let's also recognize that the first step to freeing ourselves from inertia is always working.

Emmanuel

37– Our Group

Our Spiritist-Christian work group is, in fact, like a field dedicated to common farming.

The weeping souls who seek it out symbolize marshy land that we must profitably drain.

Aggressive and rude observers are magnetic thorns that we must remove without fanfare.

Attendees stuck in mental idleness are dry land we must lovingly irrigate with care.

Good-natured people, but wavering in their faith, express fragile grass that begs for our aid until the weather favors them.

Irritable confreres, suffering from endless personal grievances, are the bushes eaten by ugly-looking worms.

Dreamy brothers, efficient in their ideas and negative in their actions, represent unproductive flowers.

Inveterate beggars, who never move their arms in good works, appear to us as barren foliage, which we must bear with patience.

Friends dedicated to gossip and sarcasm are devastating birds that damage the seedbed.

The companion, however, who brings his heart with him to serve, is the sower, who goes out with Jesus to plant, incessantly, helping to carry out the Divine Plan and preparing the harvest of Love and Wisdom for Humanity in the Better Future.

André Luiz

38 - Prayer

Lord!

We do not ask you to exempt us from the necessary trials, but we appeal to your mercy so that our strength may overcome them.

We don't ask you to suppress the problems that afflict us on the road; however, we hope for the support of your love, so we can give them a proper solution based on our efforts.

We don't ask you to remove the adversaries who hinder our steps and obscure our path; nevertheless, we count on your assistance to learn to accept them, taking advantage of their help.

We don't implore you to grant us immunity from the disappointments that might hurt us, but we urge you to do something for us to accept their edifying and liberating role without feeling revolted.

We don't beg you to free our hearts from sorrow and tears, but, indeed, your benevolence, so we may surpass their bitterness, assimilating their lessons !!!

Lord, may we know how to thank you for your protection and kindness in times of joy and triumph.

Though, on the days of affliction and failure, may we feel the light of your vigilance and sense with us the brightness of your vigilance and your blessing!

Emmanuel

39- Spiritist Note

You've often said you have no money and you can't help. What ingratitude before life's generosity!

You say you lack the resources to relieve the sick and that your hands cannot heal their wounds.

You say that you don't have the finances to support a mentally ill friend, being treated in a sanatorium, and, with your eyes and ears, you retain the opportunity to transform into good the evil you see or hear, immunizing many people against madness.

You assert that you don't have the means to ensure a companion's education at school, and you possess the word as an instrument of light, capable of solving disagreements and shadows.

You claim you can't pay a skilled worker to help you with the soil. Nonetheless, you hold the power to plant the seed and ensure the cleanliness of the fountain.

Intelligent work is a privilege that life has entrusted to you. Angelic Spirits are real God's ministers who shine in the Heavens and perform wonders, carrying out glorious tasks.

Do not forget, however, that, despite your flaws and imperfections, when confronted with them, together with our brothers on Earth, if you want to serve, you can do much more.

Albino Teixeira

40 - Depression

If you bring a Spirit suffering from feelings of pessimism and sadness, give yourself a brief pause in the chapter of your afflictions to reason.

If someone has offended you, apologize.

If you've hurt someone, reconsider your attitude.

Worldly setbacks are constantly in the world, wherever you are.

Difficult relatives reappear from every family nucleus.

Work is the Law of the Universe

Discipline is the foundation of education.

Embarrassing circumstances are like clouds that appear in the sky of any weather.

Misunderstandings about the paths and decisions we adopt are obstacles and challenges in the experience of those who wish balance and work.

Pleasing everyone at the same time is impossible.

Separations and renewals are the inevitable imperatives of spiritual progress.

Changes are equivalent to the treatment of the soul, for the adjustments and readjustments necessary for life.

Inner conflicts affect every creature who aspires to rise.

Today's failures are lessons for tomorrow's successes.

Problems plague the existence of all those who do not settle for stagnation.

***

Understanding the reality of every person who longs for happiness and peace, improvement and renewal, every time suggestions of discouragement visit our souls, let us rectify in ourselves what needs to be corrected, and by embracing the work that life has given us to accomplish, let us go forward.

Emmanuel

41 – Setbacks

In the face of any setbacks, think of the good.

The tiring work...

It is the providence enabling you to win against the harassment of disturbances that lurk in your path.

The missed meeting...

Such a setback has undoubtedly come to your defense.

The postponed achievement...

Your desires' procrastination will work to your advantage so you don't enter into determined commitments out of time.

The wasted trip ...

The thwarted plan is probably the resource used to ensure your balance.

The stalled car...

An unpleasant incident is the process of protecting yourself against possible accidents.

Organic discomfort...

A minor illness will have arisen to induce you to undergo urgent treatment.

The affection which moves away...

The separation is worth surgery in the field of the soul, often safeguarding your peace and security.

Death in the household...

Farewell to a loved one almost always comes from the Lord's Mercy to avoid higher suffering for the one who leaves as for those who remain.

Before any obstacle, reflect on the good, for in the course of every circumstance, behind life's setbacks, God's Goodness lies hidden.

Emmanuel

42 ~ Confrontation

Do not fear on the physical plane:

~A project that can't be built;

~Unemployed land;

~A book that nobody reads;

~Hidden recipe;

~Unused car...

These are potential values whose significance we don't know.

*

Likewise in matters of the spirit:

~Love without demonstration;

~Faith without works;

~Instruction without profit;

~Ideal without work;

~Inert enthusiasm...

They resemble devices and machines of culture and progress, whose importance nobody knows.

*

These images make us recognize that without the necessary application to the successes and disagreements, illusions and disappointments, achievements and failures of everyday life, the Spiritist knowledge is nothing but than a distant dream – but a very distant one – from the inevitable field of experience.

Albino Teixeira

43
In the Doctrinaire Divulgation

Shield yourself in constant humility when developing any activity of doctrinaire divulgation. Avoid fanfare, sensationalism, pretentious publicity demonstrations, or action methods likely to disturb public tranquility. Without safe orientation, there is no efficient dissemination.

*

With criterion and temperance, extend the liberating propagation from the Spiritist postulates to the recess of prisons and the Sanitary isolation colonies without deprecating beliefs or feelings.
The sickest require more help.

*

Encourage fraternal exchange between people and doctrinal organizations through letters and publications, books and messages, visits, and specialized events, seeking the unification of tasks and general clarification. The exchange of experiences balances global progress.

*

By radio or lay press do not extend excessively so as not to ward off the incipient apprentice.

One must teach the doctrine in small doses.

*

Don't deviate from the Spiritist purposes, selecting with weighting and common sense, the means used in religious diffusion, especially those related to commercial or mundane activities.

It becomes useless to raise the goals whenever there is moral debasement in the environment.

*

Use prudently or replace all verbal manifestations indicating customs, practices, political, social, or religious ideas contrary to Spiritist thinking, namely luck, chance, supernatural, miracle, and others; preferring, under any circumstances, to use pure doctrinal terminology.

An inadequate word can tarnish the noblest flag.

*

To move from the innermost being the anxiety regarding the quick modification from the companion's point of view. Faith means an experience prize.

*

Although we need to battle tirelessly in the general clarification, by using fair and honest processes, we should not forget that the main divulgation is always that developed by the creature's actions.

*

Our eloquent practice recommends the intimate reform in the standards of the Gospel.

*

The Spiritist Doctrine dispenses with proselytizing of occasion.

Bezerra de Menezes

44 – Light Step

In tribulations or discords that worsen life's problems, let us remember the need for a determinate donation, perhaps one of the most difficult in the soul's beneficence: – the first step towards readjusting harmony and security. It means more love for us, even when we feel trapped in the vibrating thornbush of incomprehension.

*

Sometimes, it is the household's turmoil, demanding tranquility, given the disagreement among beloved creatures.

In other circumstances, they are respectable companions, at odds with each other.

In some situations, it is the short trigger for the exaggerated aggressiveness in this or that friend, causing an explosion.

In many parts of the way, it is the suffering of some brave and noble heart, though still stricken by pride, hurting itself in it.

At these times, when shadows extend over our lives in the form of disturbance and challenge to still tougher

struggles, blessed are all the individuals who decide for the first step of benevolence and humility, tolerance, and forgiveness, which helps us to retrace our path.

*

Wherever you are, whoever you are with, at any time and as much as you can, give of yourself even this increases in kindness, remembering the increase in mercy we all receive from God at every stage of life.

~Does anyone insult us?

Bear with more patience.

~Is there anyone who afflicts us?

Let us use more discipline with ourselves, by understanding other people's difficulties.

~Do losses arise?

Work more vigorously.

~Do condemnations emerge against us?

Bless and serve constantly.

*

In every case where evil creates an imbalance, let us have the courage to take the first step, in which serenity and love, humility, and patience, guarantee us, once again, the harmony of Good.

Emmanuel

45 - Body and Soul

Once mindful of the spiritual elevation imperative, it is helpful to emphasize the needs of the body and soul...

You're looking for the right odontologist for dental treatment.

At the same time, it is urgent to improve your word so that the verb does not become a scourge in your mouth.

You consult with various ophthalmologists and otolaryngologists to rectify eyes and ears imbalances.

Under the same conditions, we must learn to listen and see in an edifying way so that evil does not destroy our plantations of concord and hope.

You go to the orthopedist to treat your maladjusted feet. It is also imperative to guide your steps in the direction of good.

You go to the cardiologist for assistance with your circulatory problems.

In the same way, it is necessary to sublimate the heart impulses.

You hire the specialized services of dressmakers and tailors to ensure your presentation at the right level of distinction and cleanliness.

We also need to perfect our expressions and manners when dealing with others.

The due zeal to situations and our presentation is equally appropriate to the soul matters, if we wish to build our happiness.

Let's understand that eliminating manifestations of anger or rudeness, cruelty, and impertinence will always be a work of control and education.

Emmanuel

46 ~ At the Time of Patience

"When events arise in convulsions, compelling you to move forward, as if you were in a fiery storm...

When the manifestation of cruelty makes you shudder with suffering...

When the assault of darkness leaves you shaken with affliction...

When the blow to your detriment comes from the people you are most fond of affection...

When the trial appears to stay with you for a long time, to painful improvement...

When ignorance challenges you, threatening your work...

When the departure of dear friends imposes loneliness and disenchantment on you...

When setbacks and disharmony at the home force you into complicated crossings of anguish...

When temptation leads you to revolt and fight back when insults cross your steps...

When, in short, all your ideas and aspirations for the good are supposedly suffocated by the transitory

influence of evil...

Then, you will have reached the most outstanding test of your daily life: the testimony of patience.

You will know how to forgive and bless, act, and build in peace in this so precious as relevant opportunity for your elevation, which experience points out in front of you.

And don't say that serenity expresses weakness before those who cultivate violence, as if you didn't have the courage for the necessary reaction, for it takes much more inner combativeness to control oneself by picking up offenses and forgetting them, than it does to attack or return them to the prejudice of others.

Let us enable ourselves to know that between attacking and enduring, balance and strength of spirit reside with patience always capable of enduring and understanding, serving and restarting, incessantly, the work of good based on love, so that life remains, without any solution of continuity, in luminous and constant ascension."

Emmanuel

47 – Spiritist Thought

Any of us:

When we do not excuse the grievances, we receive;

When we don't put ourselves in the offender's place, to feel their temptations and somehow justify their weaknesses;

When we don't utter a single sentence of tolerance for others' faults;

When we are willing to praise exclusively our friends, without seeing the noble qualities of our opponents;

When we return blow for blow or injury for injury;

When we hold a grudge or resentment against someone;

When we find no reason to exercise benevolence and peace;

When we do nothing to dispel misunderstandings and aversions;

When we criticize or revile our neighbor;

Any of us who adopt such behavior are unaware of our nature, and thereby become more deeply

susceptible to the influence of evil, requiring, as a matter of urgency, the support of sympathy and the power of prayer.

Albino Teixeira

48 - Spiritist Vow

A Spiritist is someone who assures himself so much effectively confident in the Divine laws, that he never entrusts himself to despair, no matter how acute is his suffering;

So optimistic that he never loses heart when faced with problems, hoping for the best in their day-to-day activities;

So diligent that he never abandons his good works, even when profits or losses induce him to do so;

So comprehensive that he soon finds ways to justify his neighbor's faults;

So firm in his ideals that under no circumstances does he find reasons to fall into discouragement;

He is so serene that he does not shy away from patience, no matter how unpleasant are the events;

So aware of his flaws that he finds no opportunity or inclination to notice others' weaknesses;

So scholarly that he doesn't miss the slightest occasion to acquire new knowledge;

So realistic that he does not harbor any illusions about his person, accepting himself as imperfect or

maladjusted today, whatever he may be, but constantly straining as he can to be as he should be tomorrow;

So enthusiastic about Creation and Eternal Life that he will never allow difficulties or trials to undermine his joy of life, or obscure his gift of serving his brothers and sisters.

***

The Spiritist, in short, is aware that God is on everyone's side, but he seeks to stand, feel, think, and act unceasingly on the side of GOD.

Albino Teixeira

49 ~ Renewal and Preparation

The Man on Earth:

Prepares himself, through education, to achieve attestations of competence.

He organizes appropriate measures to ensure administrative efficiency, plans the economy, immunizes himself against diseases, and directs achievements.

To protect ourselves against destructive and useless afflictions, we must build up our forces to cope with the changes life offers to us.

While in the physical world, we would appreciate seeing our children permanently detained in the green charm of childhood; despite that, we need to train ourselves in experience to observe them as adults, with the ordeals and duties they have brought to reincarnation.

Before promises of happiness in marriage, when we build a marital union, we would like to eternalize the joys of the beginning; though, we must accept without fanfare the struggles and errands imposed on us by the family institute.

We would like to keep our affections unchanged, but the evolution work and effort of redemption vary from creature to creature, often compelling us to the transitory but necessary separations.

We usually protest against the disincarnation of beloved ones. However, according to the laws that govern us on Earth, leaving the physical car is different for each individual.

Let's understand that our service programs are constantly changing, and let's respond to the transformations of existence with a spirit of acceptance and serenity.

To do this, we need to live ready to serve, regardless of how and where we are, recognizing that God, through the mechanism of circumstances, invariably gives us all the resources we need and, in terms of what we can receive, He always provides us with the best.

Emmanuel

50 - Difficult Times

Spiritual Friends support incarnate companions on Earth, everywhere and always; above all, with the foundation of inspiration and the indirect contribution of the Service for the others' good; nevertheless, the essential vehicle for all of them will be the Fraternal contact through a link.

*

You will endure determinate sacrificial assignments with patience, and through those who benefit from your endeavors, the Messengers of Higher Life will extend you unforeseen support.

You will contribute to spontaneous work in various campaigns in favor of the needy and the brothers and sisters around you; the Spirits of Light will then offer you hope and joy.

You will visit the sick and, by means of the sick themselves, they will renew your ideas.

You will aid less happy ones, and through those who connect you to the ordeal and existence, they will give you kindness and sympathy.

You will assist the unprotected child, and by means

of those interested in their destiny, you will open up unexpected advantages.

You will apologize for offenses received and, using the very beneficiaries of your generosity and tolerance, they will surprise you with facilities and blessings to enrich your hours.

*

Let the worker stick to his task, and the Lord's emissaries will always find ways to be there for him and cooperate. However, also they, the donators of light, sometimes suffer the intrusion of difficult times.

When the worker allows himself to be invaded by discouragement, the exchange process becomes disturbed and collapses, once his will is numbed, he falls into inertia, and inertia, wherever it may be, closes the channels of assistance, creating a spiritual desert.

Emmanuel

51 ~ What Matters

It doesn't matter:

That the gale of misunderstanding blows our way;

That ignorance stonewalls us;

That insults bring us into disrepute;

That slander receives us in spurts of mud;

That intrigue shrouds us in shadow;

That persecution strikes us down;

That criticism sets up inquisitions to condemn us;

That obstacles multiply, complicating our journey;

That someone else's change leaves us abandoned;

Or that darkness conspires incessantly to lose us.

What stands is to clothe ourselves in patience; to apply ourselves to unconditional apology; to protect ourselves in humility, observing that we only have and accomplish what Divine Providence lends us or allows us to possess.

It falls to us to answer evil with good, whatever the circumstances, and we must accept the truth that each heart remains in the place in which it places

itself, and that for this very reason, we must above all, keep a clear conscience.

We should always work to bless everyone, seeking to comprehend that we are all from God, and we are all in God, whose Laws will judge us all, tomorrow and always, consonant with our deeds.

Emmanuel

52– We Thank You

Lord Jesus! We thank you:

For the courage to face difficulties created by ourselves;

For the trials that refine our reasoning and soften our hearts;

For faith in immortality;

For the privilege of serving;

The gift of knowing that we are responsible for our actions;

The nourishing and healing resources we carry within us;

The comfort of recognizing that our happiness is the size of the happiness we make for others;

The discernment that allows us to differentiate between what is helpful to us and what is not;

For the support of affection which sustains our lives in constant exchange;

By the blessing of prayer, which gives us inner support to solve our problems;

For the peace of mind that no one can take away from us...

For all this, and all the other treasures of hope and love, joy and peace with which you enrich our existence, may you be blessed, Lord, as we praise you for your Infinite Mercy, today and forever.

Emmanuel